

South Jordan Leisure Aquatic & Fitness Center

Swim Lesson Definitions



Parent and Child Aquatics (ages 6 mo.- 3 yrs.)

Water adjustment, enter/exit pool, floating, arm/leg action, blow bubbles, rolling over, safety rules.

Pre-level 1- Introduction to Water Skills

Prerequisites: child must be 3-5 years old

Skills learned:

Entering and exiting the water safely
Fully submerge face, blow bubbles, open eyes
Supported float on front and back, return to standing
Front and back arm and leg action, with support
Bob in chest-deep water; changing direction of travel
Rolling over front-to-back and back-to-front
Combined strokes on front and back with support
Basic Safety rules, how to get help, wearing a lifejacket

Pre-level 2- Fundamental Aquatic Skills

Prerequisites: child must be 3-5 years old, have a pre-level one certificate, or be able to submerge face, float on front and back with little or no support, and kick with support.

Skills Learned:

Submerge head, bobbing, and blowing bubbles
Open eyes, pick up submerged objects
Floating on front and back, return to standing
Glide for 2 body lengths on front and back
Changing directions of travel; rolling over
Arm and leg motions for treading water
Finning and sculling arm actions
Combined arm and leg actions on front and back
Supported swimming on side with various leg actions
Safety rules, life jacket use, how to get help

Level 1- Introduction to Water Skills

Prerequisites: child must be 6+ years old.

Skills learned:

Entering and exiting the water safely
Fully submerge face, blow bubbles, open eyes
Supported float on front and back, return to standing
Front and back arm and leg action, with support
Bob in chest-deep water; changing direction of travel
Rolling over front-to-back and back-to-front
Combined strokes on front and back with support
Basic Safety rules, how to get help, wearing a lifejacket

Level 2- Fundamental Aquatic Skills

Prerequisites: child must be 6+ years old, have a pre-level one or level one certificate, or be able to submerge face, float on front and back with little or no support, and kick with support.

Skills Learned:

Submerge head, bobbing, and blowing bubbles
Open eyes, pick up submerged objects
Floating on front and back, return to standing
Glide for 2 body lengths on front and back
Changing directions of travel; rolling over
Arm and leg motions for treading water
Finning and sculling arm actions
Combined arm and leg actions on front and back
Supported swimming on side with various leg actions
Safety rules, life jacket use, how to get help

Level 3- Stroke Development

Prerequisites: A pre-level two or level two certificate, or be able to swim 15 feet on front and 15 feet on back, retrieve object in chest deep water, perform front and back floats.

Skills Learned:

Bobbing, retrieving objects, rotary breathing
Jumping into deep water from side of pool
Front and back glides using two different kicks
Survival float and back float 30 seconds in deep water
Tread water, change from vertical to horizontal positions
Front and back crawl strokes, 15 yards
Butterfly kick and body motion, 15 feet
Safety and diving rules, life jacket use
Reaching assist, Check-Call-Care help system

Level 4- Stroke Improvement

Prerequisites: A level 3 certificate, or be able to jump into chest deep water, swim front crawl with rhythmic breathing for 15 yards, tread water or float for 30 seconds, swim back crawl 15 yards.

Skills Learned:

Survival float, back float, tread water, open turns
Swim underwater, feet first surface dive
Front and back crawl 25 yards
Breaststroke, butterfly, elementary backstroke
Swim on side with scissor kick
Throwing assist, care for conscious choking victim

Level 5- Stroke Refinement

Prerequisites: A Level 4 certificate, or be able to swim front crawl 25 yards, float 1 minute, swim elementary backstroke 15 yards. Also swim breaststroke 15 yards, tread water 1 minute, and swim back crawl for 25 yards.

Skills Learned:

Swim underwater; tuck and pike surface dives
Survival float, survival swim, back float 2 minutes
Flip turns on front and back
Treading water using two kicks
Front crawl, butterfly, breaststroke
Back crawl, elementary backstroke, sidestroke
Rescue breathing

Level 6- Fitness Swimmer, Lifeguard Readiness, Personal Water Safety

Prerequisites: A level 5 certificate, or be able to swim front crawl for 25 yards, float two minutes in deep water, and swim elementary backstroke for 25 yards. Also swim breaststroke 25 yards, treads water 2 minutes, and back crawl 50 yards.

Skills Learned:

Endurance- 50-100 yards of all strokes
Turns- open turns and flip turns for all strokes
Specialized Fitness Swimming, Personal Water Safety, and/or Lifeguard Readiness skills, depending on track.



Questions? Please contact Jessica Sims at 253-5236
or jsims@sjc.utah.gov

10866 S. Redwood Road, South Jordan

